

NOT THE SAME OHM THING: RETHINK YOGA

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The 119th Boston Marathon men's winner Lelisa Desisa, left, celebrates with women's winner Caroline Rotich. / NICOLAUS CZARNECKI, METRO

Marathon Monday. Skies may have been gray, but spirits were sunny yesterday as the 119th Boston Marathon drew thousands of runners to the 26.2-mile course. PAGE 02

Survey finds Boston daters don't mind weed

PAGE 04

Add some flare with spring's hot denim trend

PAGE 13



Ramirez a man of extremes at Fenway

PAGE 24

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NEWS

Top 3

The best of Metro.us

1 PHOTOS: Scenes from Boston Marathon 2015

2 Three ways married people can spice up their sex lives

3 The one must-have item for your spring wardrobe



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Rain, wind no match for 119th Boston Marathon

Marathon Monday.

April showers didn't stop runners and supporters yesterday.

Despite a chilly rainfall, throngs of spirited spectators lined the 26.2-mile Boston Marathon route yesterday, ringing cowbells and cheering on the thousands of marathoners as they powered toward the Boylston Street finish line.

Lelisa Desisa, of Ethiopia, won the men's race with an unofficial time of 2:09:17.

Caroline Rotich, of Kenya, captured the women's division with an unofficial time of 2:24:55.

Tatyana McFadden successfully defended her title in the women's wheelchair division, winning with a time of 1:52:54. It was her third Boston win.

Marcel Hug, who finished in fourth place in the men's wheelchair event the past two years, broke through for the win with a time of 1:29:53, nine minutes shy of the course record. **METRO**



The Boston Marathon's own "Cowboy Hat Hero" Carlos Arredondo holds a Boston Strong banner near the Boylston Street finish line. / NICOLAJIS CZARNECKI/METRO



Spectators braved heavy rains and low temperatures as they watched runners pass by.



Russian-born United States Paralympian Tatyana McFadden won the women's wheelchair division.



Lelisa Desisa, of Ethiopia, takes first place in the men's division.



A runner is embraced after proposing marriage at the finish line.

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Speaking out

Newlywed
marathon
survivors oppose
Tsarnaev death
penalty

Newlyweds who lost limbs in the Boston Marathon bombings two years ago are saying Dzhokhar Tsarnaev, the man convicted of perpetrating the



Newlyweds Patrick Downes and Jessica Kensky / GETTY IMAGES

blasts, should be spared the death penalty, reports The Boston Globe.

Jessica Kensky and Patrick Downes, in a statement published by The Globe, said: "[We] must overcome the impulse for vengeance."

They added: "Under our current justice system, we believe that the best way to move forward and achieve our goals is a life sentence in

prison without the opportunity for parole or appeals. It is time for us to invest our energy and resources in the future instead of in the past."

On April 8, a jury found the 21-year-old guilty of all charges related to the 2013 attack and its violent aftermath. The sentencing phase of Tsarnaev's trial is scheduled to start Tuesday.

DANNY McDONALD



A cannabis plant / GETTY IMAGES

Boston 10th pot-friendliest city for daters

Smoke up. A new survey finds that Bostonians don't mind if their mates smoke marijuana.

Afraid your 420-friendly habits will turn off potential partners? No worries — Boston made it onto a list of the nation's top weed-friendly cities for daters.

A survey by WhatsYourPrice.com found that 68 percent of Boston residents don't feel it would be a deal breaker if their partner smoked marijuana. The city stole the 10th spot on the list, with Portland coming in first.

WhatsYourPrice.com surveyed 90,000 respondents across the country; approximately 57 percent of respondents said they would date someone who smoked weed. The average age of respondents was 38 years old.

Sixty-five percent of users ages 18 to 34 said they would date someone who smoked pot; 56 percent of users between 35 and 55 would accept a mate who blazed. Men were more accommodating toward partners who smoked: Sixty percent said they would date someone who got smoked up, and 54 percent of women said the same.

"Although the debate over marijuana legalization has been sweeping the nation, smoking is not equally accept-

Top 10

- 1** Portland
93 percent
- 2** New York
90 percent
- 3** Las Vegas
87 percent
- 4** Denver
86 percent
- 5** San Francisco
84 percent
- 6** Seattle
79 percent
- 7** Los Angeles
77 percent
- 8** Miami
74 percent
- 9** Chicago
72 percent
- 10** Boston
68 percent

ed by everyone," said Brandon Wade, CEO and founder of WhatsYourPrice.com in a statement. "Singles who appreciate this type of lifestyle might want to venture out to one of these cities to find a partner who is well suited for them."



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NEWS

6

Life or death? Boston bomber's trial turns to sentencing phase

Next step. Neither prosecutors nor defense lawyers have said publicly who they will call as witnesses.

Convicted Boston Marathon bomber Dzhokhar Tsarnaev is set to return to court today for the next phase of his trial, when prosecutors will argue that he should be sentenced to death for his role in the deadly attack in 2013.

In sharp contrast to the guilt phase of the trial, when lawyers for the ethnic Chechen defendant did not contest that their

client had killed three people and injured 264 in the bombing, the next four weeks are expected to feature emotional testimony from both sides as Tsarnaev fights for his life.

The question of whether Tsarnaev should live or die is highly controversial in Boston. Polls have shown that a plurality of area residents, 49 percent, prefer a life sentence, and family members of two of the people he killed have also spoken out against executing him.

Citing al Qaeda materials found on Tsarnaev's computers, and a note suggesting the April 15, 2013 attack was an act of retribution for U.S. military campaigns in Muslim-dominated nations,



Court sketch of Tsarnaev
by Jane Flavell Collins

NICOLAUS CZARNECKI, METRO

prosecutors contend Tsarnaev wanted to "punish America" in an attack that showed a callous disregard for human life. Defense attorneys have tried to paint Tsarnaev, who immigrated from Russia a decade before the attack, as adrift and under the influence of his older brother, 26-year-old Tamerlan, who died following a gunfight with police hours after the pair shot dead an officer.

"You're going to see more emotion in the testimony" in the trial's next phase, said David Weinstein, a lawyer in private practice in Florida who brought death penalty cases in prior work as a state and federal prosecutor.

REUTERS

Drivers

Uber must face lawsuit claiming it snubs blind people

Uber must defend against a lawsuit accusing the popular ride-sharing service of discriminating against blind people by refusing to transport guide dogs, a federal judge ruled.

In a decision late Friday night, U.S. Magistrate Judge Nathanael Cousins in San Jose, California, said the plaintiffs could pursue a claim that Uber was a "travel service" subject to potential liability under the Americans with Disabilities Act.

The judge also rejected Uber's arguments that the plaintiffs, including the National Federation of the Blind of California, lacked standing to sue under the ADA and state laws protecting the disabled.

Uber was given 14 days to formally respond to the complaint. The company and its lawyers did not immediately respond on Monday to requests for comment. The NFB and lawyers for the plaintiffs did not immediately respond to similar requests.

Aaron Zisser, a lawyer for



Uber / REX USA

Disability Rights Advocates in Berkeley, California, which helped bring the case, said the plaintiffs are pleased with the decision.

In a statement, Uber said drivers are told that company policy is to comply with all laws regarding transportation of service animals.

"The Uber app is built to expand access to transportation options for all, including users with visual impairments and other disabilities," the company said.

In seeking to dismiss

Quoted

"Uber is a very popular service, and it is important for riders with service animals to be able to use it like anyone else"

Zisser, speaking during a phone interview

the case, Uber also said the individual plaintiffs were required to arbitrate their claims. REUTERS

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In this handout provided by the U.S. Navy, the Ticonderoga-class guided missile cruiser USS Vicksburg (CG 69) escorts the Nimitz-class aircraft carrier USS Theodore Roosevelt (CVN 71) by the Rock of Gibraltar on March 31, 2015, while transiting the Strait of Gibraltar. / GETTY IMAGES

US Navy sends more warships close to Yemen

White House. Spokesman Josh Earnest acknowledged concerns about arms shipments from Tehran to the Houthis.

The U.S. Navy has sent an aircraft carrier and a guided-missile cruiser into the waters near Yemen, officials said on Monday, heightening the U.S. maritime security presence as concerns mount over Yemen's escalating conflict.

The Navy sent the carrier USS Theodore Roosevelt and its escort cruiser, USS Normandy, from the Gulf into the Arabian Sea on Sunday. Army Colonel Steve Warren, a Pentagon spokesman, denied reports the ships were on a mission to intercept Iranian arms shipments to Yemen.

The ships will join seven other U.S. warships in the waters near Yemen, which is

torn by civil strife as Iranian-backed Houthi rebels battle forces loyal to the U.S.-backed president.

The Navy said it had increased its presence in the area because of the instability. It said in a statement the purpose was to "ensure the vital shipping lanes in the region remain open and safe."

The movements come as U.S. officials closely monitor an approaching convoy of seven Iranian ships believed to be headed toward Yemen with unknown cargo aboard.

"We have seen evidence that the Iranians are supplying weapons and other forms of support to the Houthis in Yemen," Earnest said.

"That's the kind of support that will only contribute to greater violence in that country, a country that's already been racked by too much violence."

The Shi'ite Muslim Houthi fighters sidelined the central government after seizing the capital Sana'a in September and occupying a broad swath

Marines

2,200

The other U.S. warships in the region include two destroyers, two mine-sweepers and three amphibious ships carrying 2,200 Marines.

of Yemen, which borders oil giant Saudi Arabia.

Saudi Arabia and a coalition of its Arab allies have launched air strikes in an effort to stop the advance of the Houthis, a move Tehran has condemned.

One U.S. official said the presence of the U.S. warships off Yemen give American decision-makers options for action in the event the situation deteriorates.

The United States has deepened intelligence cooperation with Saudi Arabia as it carries out airstrikes in Yemen and is providing logistical support to the Saudi-led coalition. But it is stopping short of directly participating in the strikes. **REUTERS**

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Five things you need to know

Six Minnesota men charged with conspiring to support ISIS

U.S. authorities have charged six Somali-American young men from Minnesota with planning to join Islamic State and fight for the militant group in Syria, the U.S. attorney for Minnesota said on Monday.

The six were part of a larger group of friends and relatives that had been conspiring for the past 10 months, many trying multiple times to leave the country, U.S. prosecutors alleged.

They were arrested Sunday as part of a yearlong FBI investigation into young men from the area trying to travel to join Islamic State, and there is no evidence they had plans to conduct an attack inside

the United States, prosecutors said.

Dozens of people from the Minneapolis-St. Paul area, many of them young Somali-American men, have traveled or attempted to travel overseas to support Islamic State or al-Shabaab, a Somalia-based militant group, since 2007, according to U.S. prosecutors.

"We have a terror recruiting problem in Minnesota," U.S. Attorney for Minnesota Andrew Luger told a news conference.

Zacharia Yusuf Abdurahman, 19, Adnan Farah, 19, Hanad Mustafe Musse, 19, and Guled Ali Omar, 20, were arrested in Minneapolis. Abdurahman Yasin Daud, 21, and Mohamed Abdihamid Farah, 21, were arrested in California after driving from Minneapolis to San Diego. All are U.S. citizens.

REUTERS

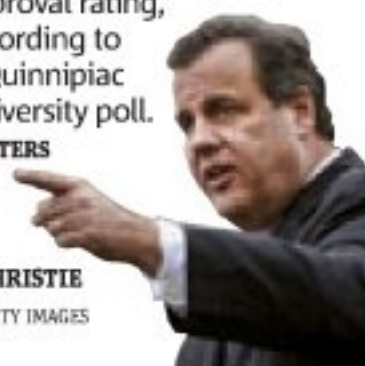


New Jersey Gov. Christie's approval rating falls to lowest yet

New Jersey Gov. Chris Christie continues to lose favor at home, with a poll on Monday showing his lowest approval rating as governor as he attempts to woo would-be voters in other U.S. states for a possible 2016 Republican presidential campaign. New Jersey voters disapprove of the job Christie is doing by 56 percent to 38 percent, his lowest-ever approval rating, according to a Quinnipiac University poll.

REUTERS

CHRISTIE
GETTY IMAGES



Teen faces life term for killing man out of 'boredom'

A teenager convicted of fatally shooting an Australian jogger in 2013 out of boredom faces life in prison without the chance of parole after he is sentenced in June, Oklahoma prosecutors said on Monday.

Chancey Allen Luna, who was 16 at the time of the crime, was found guilty on Friday of first-degree murder in the drive-by shooting of Christopher Lane, an Australian baseball player who was visiting his girlfriend in Duncan, Oklahoma, when he was shot in the back.

REUTERS

LUNA / HANDOUT



Justices weigh white supremacist's challenge to sentencing law

The Supreme Court on Monday weighed whether part of a tough federal criminal sentencing law should be struck down for being overly broad as the justices heard an appeal by a Minnesota white supremacist sentenced to 15 years in prison for illegally possessing a firearm.

Several of the nine justices indicated a willingness during the one-hour oral argument in the case to vote in favor of defendant Samuel Johnson.

If Johnson wins, he would be re-sentenced, facing a maximum 10-year sentence instead of 15 years.

REUTERS



US tightens screening of airport workers after gun arrest

U.S. airport workers will be subject to extra security screening under new rules prompted by the arrest of a baggage handler in Atlanta on gun smuggling charges, federal authorities said.

Airport and airline employees will now have to be screened before flying by the Transportation Security Administration, Homeland Security Secretary Jeh Johnson said. They also face increased random screening throughout the workday.

REUTERS

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Local residents and rescue workers help a migrant woman. / GETTY IMAGES

Bodies brought ashore from sea shipwreck

Rescued. Some survivors from the capsized migrant boat were taken to the Sicilian port of Catania.

The European Union proposed doubling the size of its Mediterranean search and rescue operations on Monday, as the first bodies were brought ashore of some 900 people feared killed in the deadliest shipwreck while trying to reach Europe.

Three other rescue operations were underway on Monday to save hundreds more migrants in peril on overloaded vessels making the journey from the north coast of Africa to Europe.

The mass deaths have caused shock in Europe, where a decision to scale back naval operations last year seems to have increased the risks for migrants without reducing their numbers.

"The situation in the Medi-

terranean is dramatic. It cannot continue like this," said European Council President Donald Tusk, calling an extraordinary summit of EU leaders for Thursday to plan how to stop human traffickers and boost rescue efforts.

In Vienna, more than 3,000 people, including President Heinz Fischer, gathered at a memorial service for the dead. The demonstrators put candles on an inflatable raft in their memory.

EU ministers held a moment of silence at a meeting to discuss the crisis in Luxembourg. The bloc's executive, the European Commission, presented a 10-point plan to address the crisis, which would include doubling the size and the funding of "Triton," an EU naval operation in the Mediterranean.

But even that would leave the operation smaller and less well-funded than an Italian mission abandoned last year due to costs and domestic opposition to sea rescues that could attract more migrants.

Possible death toll

900

Malta's Prime Minister Joseph Muscat said as many as 900 people may have died in Sunday's disaster off the coast of Libya when a large boat capsized. That is the highest death toll in modern times among migrants, who are trafficked in the tens of thousands in rickety vessels across the Mediterranean.

Italy and Malta were working to rescue another two migrant boats with around 400 people off the coast of Libya on Monday. Hundreds of kilometers (miles) to the east, coast guards were struggling to save scores of migrants from another vessel destroyed after running aground off the Greek island of Rhodes.

Greek coast guards said at least three people were killed there. Television pictures showed survivors clinging to floating debris while rescuers pulled them from the waves.

REUTERS

The last thing you need is KNEE PAIN

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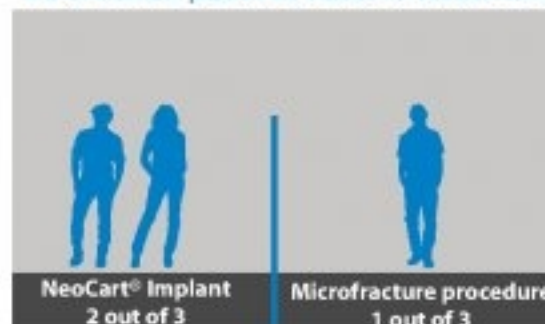
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Q&A

Adriano Alarcon,
photographer
and art director

Why did you decide to do this project?
Just to have fun.

That's a thick (half) beard. How long did you grow it for?
Four months, and the last month was pretty rough. In that

time, it takes more time to dry the beard than your hair. And I decided not to trim any little bit of the beard to make it as rough as it could possibly be.

How did you decide what to stick on your face?
During the last month of growth, I started collecting objects to wear, from plastic insects to candies. The objects don't have any relationship

between them.

What is the message in these quirky pictures?

I guess the biggest message is that people shouldn't worry so much about their own image; it's about expressing ourselves, even if it looks silly. I think we're living in a time in which everyone seems so self-concerned about the right way to look or behave. **DANIEL CASILLAS, MWN**

Quirky beard photos

Artist gets surreal with half a beard

If you think the hipster beard trend is getting a bit bland, put the fun back into the fuzz (well, by half) as Adriano Alarcon did for his quirky series. The Brazilian photographer shaved off one side of his beard and accessorized half of his face with funky items like popcorn, chocolate sprinkles and plastic bugs. **MWN**



Hipster goes half-and-laugh



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JUSTINTIMBERLAKE, INSTAGRAM

Justin Timberlake posts first photo of baby Silas

Justin Timberlake has skipped the usual "premiere your baby in People magazine" celeb baby debut, and opted instead for a social media debut. The singer posted a pic of wife Jessica Biel and baby Silas over the weekend to Instagram with the caption "The Timberlakes are ready!!! GO GRIZZ!!" Looks like little Silas is already a big basketball fan, as he's got his finest Memphis Grizzlies shirt on for the occasion.

True love never lasts: Big Sean and Ariana Grande broke up

Just a few days after Big Sean made a dirty joke about girlfriend Ariana Grande on Instagram, the duo has split. Their reps even confirmed it to US Weekly, saying, "They both deeply care for each other

and remain close friends. We kindly ask that the media respect their wish for privacy regarding this personal matter at this time." Is love even real anymore? And aren't you glad you don't have to have a publicist release a statement every time you get dumped?



THE WORD

Lisa Weidenfeld takes on the world of gossip.

LISA WEIDENFELD
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Bobby Brown, Houston family disagree about Bobbi Kristina again

Bobby Brown announced at a concert on Saturday that daughter Bobbi Kristina is awake from her coma, only to have the Houston family deny Monday that any changes had occurred in her condition. Rumors have flown constantly about the state of her health, and with Brown's sister Tina confirming his news in a Facebook post, he eventually had to have a lawyer clarify what had happened. The official statement is that "there has been improvement," but that "the quality of her life will not be known for years to come."



Russell Crowe: Buying a rugby team ruined my marriage

You know that old stereotype where wives are annoyed at their husbands for spending too much time watching the game? If you're as rich as Russell Crowe, you can just go ahead and buy the team, but your wife will still be annoyed. The actor bought the South Sydney Rabbitohs in 2006 and told CBS that it was "a good business decision," but "it's taken a lot of work, and it's probably cost me a marriage." The actor has been separated from wife Danielle Spencer since 2012, but on the upside, his rugby team won the Rugby League Championship last year. So, silver lining?



ALL PHOTOS GETTY IMAGES

Morgan Spurlock says Harry Styles is going to leave One Direction next



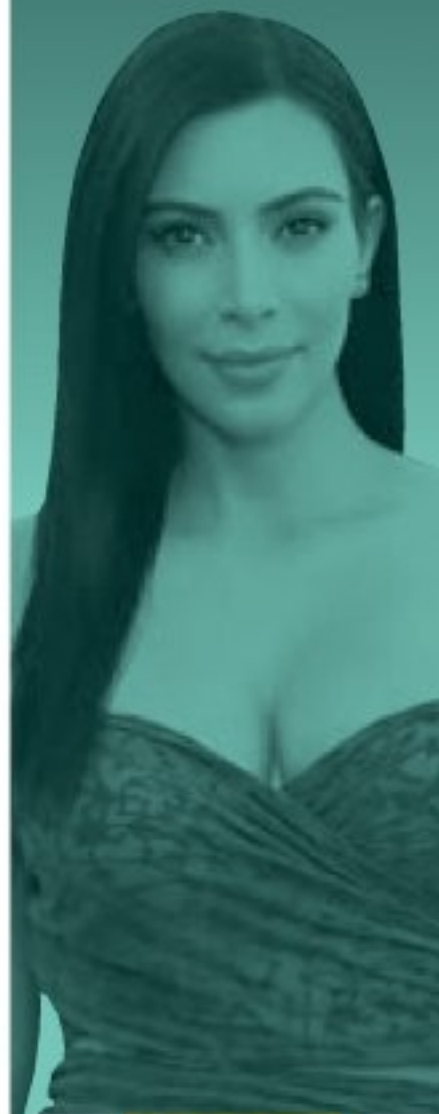
The foremost expert on One Direction, documentary filmmaker Morgan Spurlock, shared his theory that Harry Styles will be the next

member of the boy band to depart. Spurlock directed the One Direction doc "One Direction: This Is Us" and told TMZ that he thinks

Styles will be the one to follow Zayn Malik out the door. He didn't provide a timeline, though. We're going to need specifics here, Spurlock.

2

CULTURE



Twitter feed

Anna Kendrick is prepared to replace Zayn, Mindy Kaling talks skin care, Kim Kardashian is traveling, Ricky Gervais is anti-hunting and Taye Diggs is feeling inspirational.

@AnnaKendrick47: I heard @onedirection has a job opening... and from certain angles I look like a british teenage boy sooooooooooooo

@mindykaling: I will know I'm famous if I have a major cosmetic dermatologist in my entourage

@KimKardashian: This jet lag is crazy! I can't sleep!!!

@rickygervais: You know that feeling of joy someone gets when they put an arrow through a giraffe's eye.....No, me neither.

@TayeDiggs: A day without laughter is a day wasted.
#CharlieChaplin

Michael Douglas: Evil is fun to play

Interview. The veteran actor talks fun villains, "Beyond the Reach" and "Ant-Man."

As the trailer for "Beyond the Reach" makes clear, you don't necessarily want to take Michael Douglas' eccentric billionaire character hunting out in a hostile, remote environment since he might just decide to start hunting you. Douglas, who will next pop up in the Marvel Cinematic Universe as Hank Pym in "Ant-Man," relishes the chance to let loose with a really evil character. Especially when he gets to drive a \$500,000 Mercedes.

Why won't you leave that nice half-naked boy alone? I know! Well, we had a deal. I remember working on that scene with him. I negotiated with him and made a perfect deal. We shook hands on it, and then he reneged. And what am I going to do? I can't trust him.

When you're approaching a character like this, how

much fun is it to just let that malevolent side run free?

It's such a ball. It's the most joy — because I'm not a comedian — other than getting a good laugh or trying to do a funny part. But the freedom of evil in a theatrical role is great. Going back to, obviously, Gekko. I don't know if this is "Fifty Shades of Grey," but it's a shade of grey from Gekko. People love villains, and most actors have given some of their best performances playing really bad guys. It's that freedom that doesn't allow you in a civilized society to behave that way, so the audiences kind of vicariously enjoy it — and so do you. But it's true, you have to anchor it in some kind of justification, otherwise it just gets off the track.

Gekko aside, how do you think this guy stacks up against some of your other villain roles?

This was pretty far over the top in a lot of ways. But I read this book back in the early '70s. It was originally called "Deathwatch." Obviously at the time, I identified with the Jeremy Irvine part,

but it had this sort of larger-than-life monster movie quality, so I tried to complement that with the car — and we lucked out with this Mercedes, which is just being released and is kind of the perfect vehicle. So I think it's a little broader, not quite as nuanced as some of the other ones I've done.

Is that actually a \$500,000 car?

Yeah, it is. It was the only one in North America, the prototype, and they already had orders for about 500 of them. It's mostly, you know, Middle Eastern princes using them to go falcon hunting. The perfect wheels if you want to go falcon



MICHAEL DOUGLAS
GETTY IMAGES



You don't want to go camping with this guy. / CLAY ENOS

hunting. That's a limited commercial. But it was cool, big engine, and it flew. It came with its own German engineer. They were worried that we were going to destroy it, but it can take on a lot.

Bonus questions

So villain-wise, how does this character compare with your next role coming up, Hank Pym in "Ant-Man"?

It's very different. I mean obviously, as we talk I'm sure I'm going to get a blowgun to the back of the neck from the Marvel security forces that march around like my god. But

no, the character of Hank Pym is very different, very different than this one. More intelligent and more controlled.

Well, we certainly don't want you getting shot with anything. No, we don't.



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Interview. 'Drag Race' and 'Good Work' host RuPaul has a lot to say



"GOOD WORK" AIRS TUESDAYS AT
10 P.M. ON E! AND "DRAG RACE" IS
ON MONDAYS AT 9 P.M. ON LOGO.
BRIAN BOWEN SMITH, E! ENTERTAINMENT

RuPaul has never been one to shy away from a tough topic, and now is no different. The reigning queen of the drag world, already busy hosting "Drag Race" on Logo and judging "Skin Wars" on GSN, has another show on the air: "Good Work," an E! series that tackles plastic surgery with the help of Dr. Terry Dubrow ("Botched") and Sandra Vergara (as in Sofia's sister).

Has the show changed your own opinions about plastic surgery?

It's actually enhanced my love of plastic surgery. I've always been obsessed with transformation, with the idea of creating your own persona, with the idea of becoming the

creation of your own imagination. It's the most powerful thing you can do. Whatever you want to do, whatever your imagination leads to, I have no judgment on it. I'm like, thumbs up to anybody who's going to take matters into their own hands. But of course, you have to be informed, and most people are not informed. That's why we've created this dialogue on the show, and hopefully it will create a dialogue for people around the world who see this show.

What did you think of the recent passing of plastic surgeon Dr. Fredric Brandt?

When most people uncover life's cruel hoax, which is that none of this is real — and most people cannot hear that, by the way, but I'm going to

say it out loud: None of this is real. When beautiful, light, gorgeous souls understand that, it's very disheartening. And, I've got to tell you, that is an option. Nobody wants to hear it, and nobody will say it out loud, but I will. You can always hit the eject button. No judgment. Especially if you are a sweet, sweet sensitive soul, it becomes too much. This world is completely f—ed up if you take it at face value, if you take it seriously. It's completely bonkers. You need friends around you to say, "Remember, this is just a dream. It's a joke, don't take it too seriously." So God bless him. In our culture, there is such a taboo around what he did, but you know what? It's an option. It is an option with the bulls — that you have to put up with. **NED EHRBAR**

Channel Jane Birkin

Denim. Flare jeans are back with a vengeance. Update your spring wardrobe with one of these pairs.

If there's one trend we can't escape this spring, it's the '70s. The decade is raging harder than ever, and in the center of it all is the flare-leg jean. The look is one that anyone from the most fashion-obsessed to the

sartorially laid-back can get behind — thanks to its figure-flattering silhouette. Slip into a pair, and it instantly elongates your legs and slims your waist. And the must-have item is an easy way to update your wardrobe for the season — and beyond: Wide-leg pants held strong on the fall runways as well. So ease up on your skinny jean rotation and get in the groove with these picks.



TINA CHADHA
@TinaatMetro
tina.chadha@metro.us



Tommy Hilfiger Spring 2015
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Spring must-have: The bucket bag

Halfway between a tote and a backpack, the bucket bag is playful and practical for toting all your daily necessities. **ELODIE NOËL, MWN**



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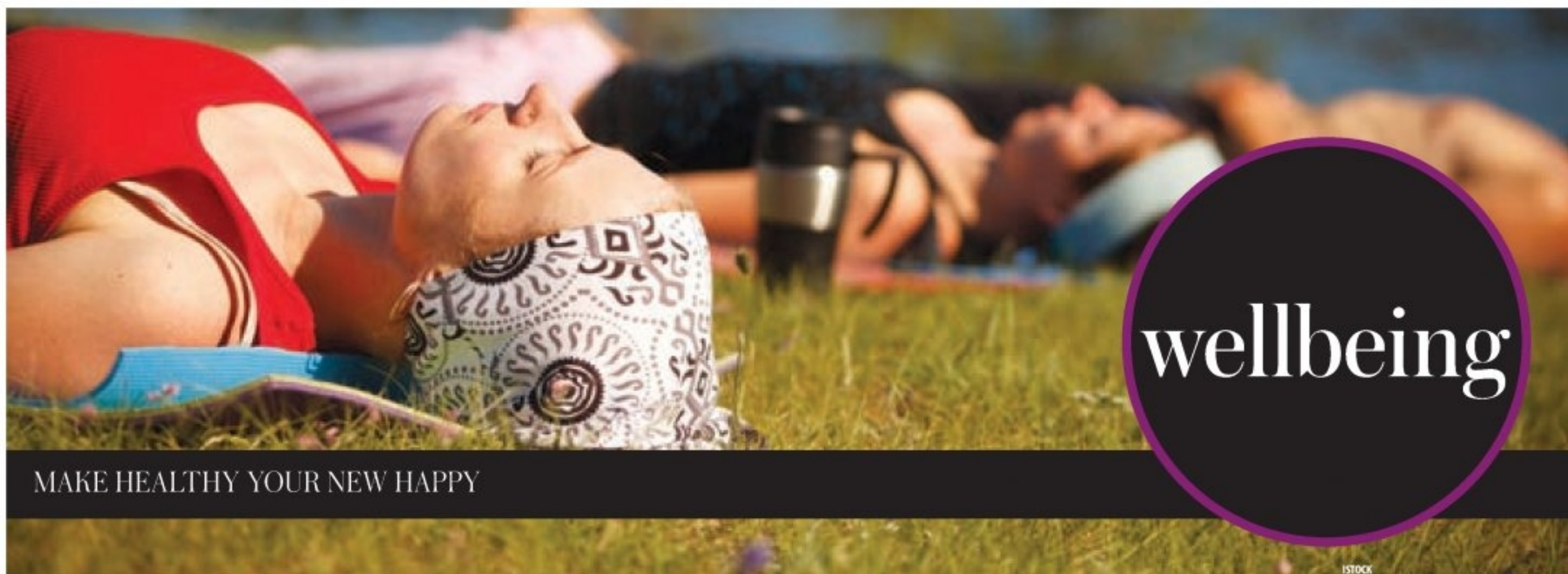
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Strike (the right) pose

Yoga classes are not all ohms and sun salutations — choose your path with our guide.



EVA KIS
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eva.kis@metr.us

"This is what we dreamed about back in the day, when people made fun of us and called us pretzels," Irini Res says about the early days of yoga.

The Ashtanga Yoga teacher at Alvin Ailey Extension took up the practice after battling breast cancer in 1996, which took her out of the high-powered career in banking she never stopped to realize wasn't making her happy. Yoga gave her not just balance but empowerment to fight the disease. "The only thing that gave me hope was to know that I could do something about it, [and that] was get home, relax, stretch, open up my heart, open up my body, align myself back and maybe in my own way drive this sucker out," she recalls.

There are dozens of styles, but "yoga is yoga in that we all do the same poses," says Res. It comes down to increasing balance, flexibility and strength, which are valuable at any stage of life. "Yoga takes your



Irini Res, center, has been in the fitness field for more than 30 years and now teaches Ashtanga Yoga. KYLE FROMAN, ALVIN AILEY AMERICAN DANCE THEATER

skeleton and puts it back in its proper alignment."

But not all yoga is the slow, meditative movements you first think of. Res walked us through the most popular classes — with one piece of advice for anyone looking to start their practice: "Come in with an open mind and know that you're going on a journey. You're going to feel a differ-

ence from the very first class."

Hatha

Hatha was the first yoga style to arrive in the States and remains the most popular. It's also the one where teachers have the most flexibility in their choice of poses, though they tend to involve more stretching, so

classes may vary depending on who's leading it or the difficulty level. The speed of the class can also be slower, as a teacher may focus on holding a pose longer to teach proper breathing technique.

Good for: Beginners and traditionalists.

Ashtanga

"This is the only one that follows a primary series, poses set from back when Buddhist monks practiced in the monastery," says Res. Besides being the oldest, it is also one of the most intense practices, with constant movement through 20 poses (it's often listed as power yoga on schedules). "This is the harder one," she warns.

The best class for you

Even if you're not looking to become a warrior yogi through Ashtanga, if that's what fits into your schedule, your teacher can help make it work for you; Res has several variations on a pose to suit different bodies and skills. But she does have one recommendation: "The body clock in the morning is tightest. As the day progresses, the body opens up and releases; the evening is a better time to do your practice."

Good for: If you want a cardio element to your Zen.

Bikram

Also known as "hot yoga," Bikram will have you sweating before it even begins. Hot yoga rooms are heated to about 105 degrees, which can boost the metabolism — but it's not for everyone. "When you heat up the body like that, you can overstretch and pull something. You're also not breathing as deeply," Res warns. "It's the breathing in conjunction with the poses, that's what causes the body to become aligned." Hydration becomes extra important, so bring water.

Good for: A deeper stretch — just go slowly.

Eat like a modern Viking

Learn the healthy secrets of the Scandinavians.



ELODIE NOEL, MWN
letters@metro.us



Enough with Mediterranean countries and Okinawa Island in Japan — Scandinavia is the new center of attention for nutritionists and advocates of healthy eating.

"We have shown that this healthy Nordic diet results in a lower risk of cardiovascular diseases, decreases [bad-to-good] cholesterol ratio and lowers blood pressure," explains professor Matti Uusitupa, leader of a new study of Scandi-cuisine. "It also results in decreased values of some inflammatory markers, which are connected to cardiovascular diseases and the risk of type 2 diabetes."



The Scandinavians still maintain a strong connection to nature, which shows in their diet. ISTOCK

Food staples of the Nordic diet

Root vegetables:

carrots, turnips, beets

Cruciferous vegetables:

cauliflower, broccoli, cabbage

Dark leafy greens:

kale, spinach

Foraged foods:

chanterelles, wild mushrooms, fiddleheads

Legumes:

beans, seeds, lentils

Whole grains:

rye, oats, barley

Fruits:

berries, apples, pears

Wild fish:

salmon, herring

Wild, lean game:

elk, venison

Scandinavian obesity rates are between 10 and 15 percent, compared to 35 percent in the U.S. The Nordic diet — high in whole grains, vegetables, fruit and fish — is clearly one for those with a taste for staying trim. (And no, Danish

pastries aren't included.)

Researchers at the University of Eastern Finland recently established that the Nordic diet reduces the expression of inflammation-associated genes in fat tissue, linked with chronic weight-related diseases.

"Weight loss has been shown to happen if the Nordic diet is used without any particular emphasis to do so," adds Uusitupa.

"The new Nordic diet is based on regional foods that bridge gastronomy, health and sustainability," explains Arne Astrup, head of the University of Copenhagen's Department of Nutrition, Exercise and Sports.

Don't worry, you don't have to go fishing on the Norwegian fjords to follow this healthy eating lifestyle.

"You can do it everywhere in the world — same principle, just locally produced food," he advises.

Recipe

Nordic Coq au Vin with Kale Salad

"Root vegetables are a basic ingredient in the Nordic kitchen," says Trine Hahneemann, author of *The Nordic Diet*. "Use them in many ways. They are nourishing and cheap."

Ingredients:

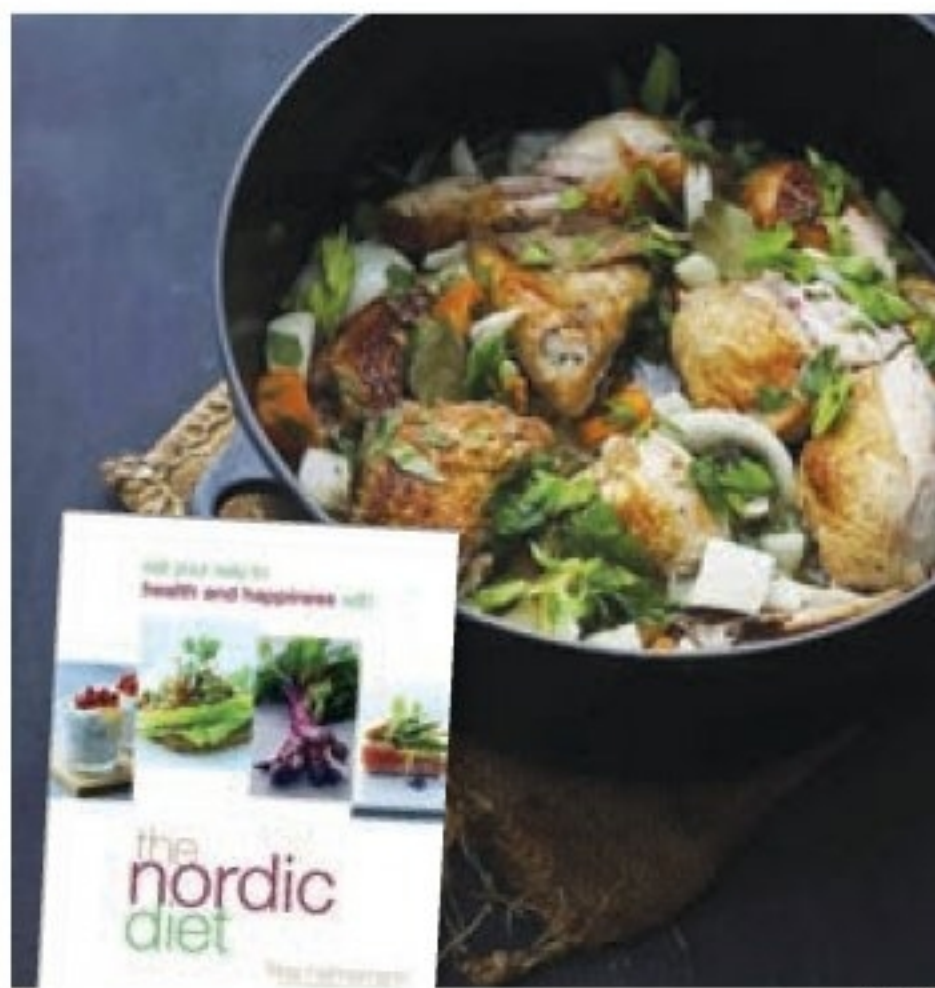
- 1 big chicken
- 2 onions, sliced
- 2 tbsp. olive oil
- 4 cloves garlic, finely chopped
- 1½ cups white wine
- 3 parsnips
- 3 carrots
- 2 sticks celery
- 3 bay leaves
- ½ cup horseradish
- 1 cup kale
- 1 cup feta cheese
- Salt and freshly ground pepper

For the dressing:

- 2 tbsp apple cider vinegar
- 1 tsp honey
- 1 tbsp walnut oil
- Salt and freshly ground pepper

Directions:

Cut the chicken into eight pieces. Heat olive oil in a saucepan and brown the chicken on both sides. Add onion and garlic and sauté lightly. Add white wine, salt and pepper. Cover and simmer for 20



LARS RANE

minutes. Meanwhile, peel and cube the vegetables. Place them and bay leaves in saucepan with chicken and simmer for an additional 25 minutes. Add horseradish, season with salt and pepper.

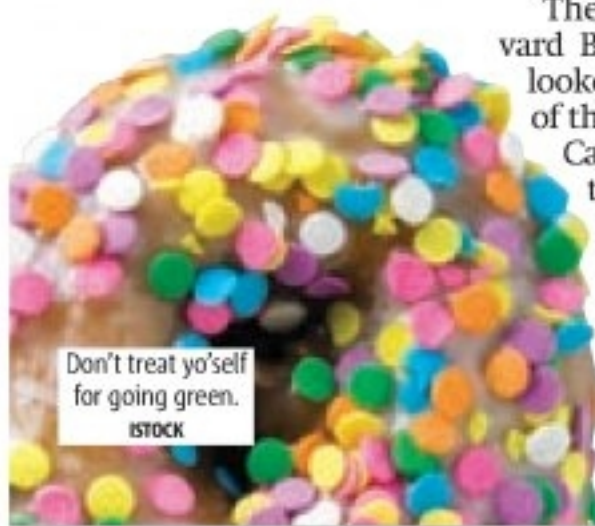
While chicken simmers, wash, stem and chop kale. Grate feta into thin flakes and mix with the kale. Whisk together dressing and toss with the salad. Season to taste with salt and pepper.

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"People feel they have done something good or virtuous. This creates what is called a licensing effect. Having already done one virtuous thing, people feel licensed to indulge more in later choices."



Don't treat yo'self for going green.
ISTOCK

They are good for the environment — but bad for your health.

DMITRY BELYAEV, MWN
@MetroBOS
letters@metro.us

Using a reusable bag to shop for groceries may be good for the environment, but it won't be doing wonders for your own waistline, a new study suggests.

The report from Harvard Business School, which looked at the buying habits of thousands of shoppers in California, revealed that those who bring a reusable bag to the grocery store are more likely to buy organic foods — but are also more prone to splash out on junk food.

"We find that when people bring



Whole Foods banned plastic bags in its U.S., Canada and U.K. stores back on Earth Day, April 22, in 2008. GETTY IMAGES

their own grocery bags, they are more likely to buy organic produce, and they are also

more likely to buy indulgent items like cookies, ice cream and snack chips," Uma Kar-

markar, assistant professor of marketing at Harvard and co-author of the report, tells us.

Karmarkar and her co-author, Duke University's Bryan Bollinger, analyzed about one million transactions at a grocery chain over a two-year period, using data from customer loyalty cards.

How did they know the junk-food splurges were because we're congratulating ourselves on being eco-minded shoppers? When the grocery store required shoppers to bring their own bags, they didn't buy the unhealthy foods.

"People feel they have done something good or virtuous," Karmarkar explains. "This creates what is called a licensing effect. Having already done one virtuous thing, people feel licensed to indulge more in later choices."

So next time you're shopping, think of the sea creature you could be saving by not using plastic bags rather than grabbing a bag of sea salt chips as a treat for yourself.



PRESENTS

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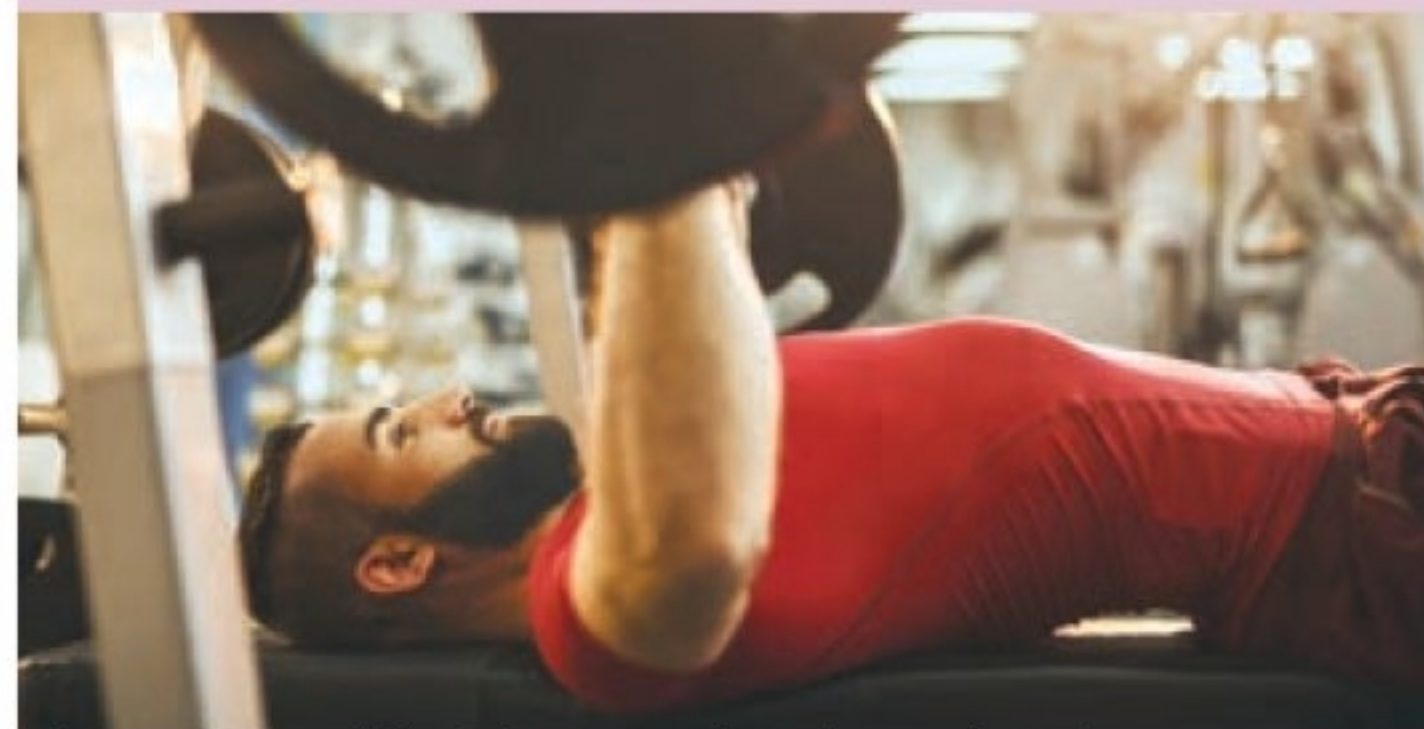


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Fitness tip



Bench presses are a great way to build muscle, but you may want to keep supplements out of your routine. ISTOCK

One trick to a better bench press

If you're looking to build upper-body strength, bench presses are a tried-and-true method to grow muscle mass. But researchers just found a way to make them even more effective.

A study just published in the European Journal of Sport Science looked at muscle contractions during free-weight barbell presses while the participants were on a bench inclined at 0-, 30-, 45- and -15-degree angles. While a flat bench activated both the

upper and lower pectoral muscles, the steeper inclines of 30 and 45 degrees were better at activating the pectoralis major (the front, upper chest) muscle group and improved the length of contraction in all the major muscle groups involved in bench presses, including the triceps. The researchers settled on a recommendation of doing horizontal presses on a bench inclined 30 degrees to amp up the muscle-building power.

A note of caution

Muscle-building supplements claim to be the natural alternative to

steroids for men looking to bulk up, but a new study finds reason to be concerned about certain ingredients.

Men who used pills and powders that contain creatine or androstenedione once a week or more had a 65 percent greater risk of developing testicular cancer than men who didn't use supplements, a Yale University study found.

The risk is even greater among men who began using the supplements before age 25 (221 percent), those who take multiple kinds of supplements (177 percent) and long-time users (256 percent). EVA KIS

Montreal: A Bilingual Gem within a French-speaking Province

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EC Montreal's Teen Summer Language camp offers an effective small-group language course combined with daily adventures in magical Montreal. From June 29 to August 14, EC Montreal welcomes teenagers from ages 12 to 17 from diverse areas of the globe to participate in this dynamic program.

Lessons are especially designed for young students. The program is half day of tuition with half day of activities Monday through Friday. Groups are of a maximum of 15 students, and lessons are offered in 5 different levels from beginners to advanced. The program provides language learning in an entertaining and meaningful context. Speaking and listening take priority.

Activities are chosen to ensure that students are offered a balance of sports with a variety of interesting cultural outings, tourist attractions and interesting workshops. EC Montreal counselors ensure that students are well-supervised and immersed in the French language during the activities.

EC Montreal offers the option of:

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Success secrets

Glamour magazine asks women leaders to share tips

As you head off into the real world, keep these tips in mind. / ISTOCK

The weeks before a college graduation can be equal parts exciting and terrifying, as

seniors eagerly prepare themselves for life in the real world and their first jobs.

"What you study is not necessarily where you'll end up in life," notes Malena Higuera, the senior vice president of marketing for L'Oréal Paris. Higuera was one of the guests at a recent panel, "How to Get Your Dream Job — The New Success Secrets for 2015," hosted by Glamour magazine. Other guests included "Transparent" star Gaby Hoffmann, New York City first lady Chirlane McCray and best-selling novelist Jennifer Weiner.

We've rounded up some of their best advice for new grads:

How to choose the right career path

"My only ambition was to be happy, and to do so, I knew that I had to act," says Hoffmann. "I needed to know myself and figure out what I really wanted. I didn't do anything for a while and then started taking every single job. This is when I realized that acting

was what made me happy and where I wanted to be in life."

Look to learn on the job

"I started at a crappy newspaper where I would cover every single thing for two-and-a-half years before I decided to leave," recalls Weiner. "This experience was the best I could have ever had because it gave me the foundation of my actual job. My advice is to start small

so you won't get disappointed later on."

Embrace the teachable moments

It's especially important, says McCray, to "push past your comfort zone and get out there. Make mistakes. You'll learn from them."

Weiner echoes the sentiment. "You are going to learn from bad experiences, so don't be scared to take risks," she says. JOANNE REINAUD

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Don't get too upset if you can't attend your dream school. ISTOCK

You can make any school your dream school

Didn't get into your top choice? Here's what you should do.

She notes in her book that students who get the same grades (regardless of where they went to school) usually end up getting the same job opportunities.

JOANNE REINAUD
@MetroBos
letters@metro.us

We all know that not getting into your so-called dream college can be crushing, but education consultant Kristin M. White has a message to high school seniors everywhere: It's possible to turn any school you attend into a fantastic experience.

We asked White, the author of the new book "It's the Student, Not The College," for her tips for high school seniors currently figuring out where to enroll this fall.

Didn't get into your first-choice school?

"It doesn't matter what college you go to, it's really what you make of it," White stresses.

How to get over the disappointment

White recommends that students focus on the good things about the school they did choose. "Go on another campus visit or log on to the school's Facebook group," she advises. "Look at the things they have for new students." Once on campus, throw yourself fully into student life.

When making your final decision

"Students should find a financial fit to make sure that they do not take on too much debt," says White. Look at the course catalogue "to focus on the importance of choosing the right classes."

How to

Questions to ask while looking at charter schools

As parents consider their options for the upcoming school year, many may be wondering how to best assess the different charter schools they visit.

"Because so much has changed

[in recent years] and because all of these changes are happening at once, it can be hard to know what to look for," says Scott Farber, the founder of A-List Education, a tutoring and test-prep educational services provider.

Farber says parents who are considering charters should ask these questions during their visits:

How big are the classes?

"Class size matters," says Farber. "One

of the misconceptions is that charter schools always have smaller classes. Ask what the faculty-to-student ratio will be." Farber notes that some of the core classes might also be different at various charter schools, so ask about requirements as well.

How do the teachers factor in?

"There are lots of teachers that are drawn to charter schools because they are given the freedom to do

different things," Farber says. "They also usually have a younger teaching staff, and that might be better in some ways too."

What kinds of activities are available?

"A lot of students in charter schools attend school for longer," both in terms of the length of the school day and the structure of the school year, Farber notes. So ask about extracurricular activities too. LAKSHMI GANDHI



Remember to ask about class sizes and student-teacher ratios. ISTOCK

College is not just for the young



Sometimes the students are older than the teachers. / ISTOCK

These students are ready for their second act.

Stanford University welcomed 25 unusual students onto its campus earlier this year — all in their 50s and 60s.

They are the inaugural fellows of a new program, the Distinguished Careers Institute (DCI), designed for people who want to follow more than one career path in their lifetimes and who want to go back to a college setting for more training. It is at the forefront of a new movement for universities to look beyond typical 19-year-old undergraduates.

"People are finding that their initial careers might last 20 or 30 years, and then they need to prepare for new work that might last another couple decades," says Dr. Philip Pizzo, the founder of the program and a pioneering

oncologist who is a former dean of Stanford's School of Medicine.

DCI is similar to Harvard University's Advanced Learning Initiative, launched in 2009. Both are one-year programs that focus on elite "C-suite" leaders looking to transform the second half of their careers.

Pizzo, 70, is hoping to start something of a movement. He says he will start talking with other university leaders later this year about what Stanford is learning at DCI and will encourage others to embrace its principles.

"We're an elite program but not elitist," he says.

So what kind of reaction are the DCI fellows getting from Stanford undergraduates?

"I'm sure we stand out, because we all look like someone's parent — or grandparent," says Jere Brooks King, who enrolled after a 35-year career in sales. REUTERS

ROXBURY PREP HIGH SCHOOL: A Story of Success and Growth

Roxbury Preparatory Charter School (Roxbury Prep) is a public charter school in Boston that prepares students to enter, succeed in, and graduate from college. Since its founding in 1999, the school has consistently posted outstanding academic results. Although students enter Roxbury Prep on average two years below grade level, after two years at Roxbury Prep, these same students outscore over 80% of students across Massachusetts on the MCAS exams. Motivated by this impressive track record, parents, community leaders, and elected officials in Boston urged Roxbury Prep to replicate. In 2011, the Commonwealth of Massachusetts approved Roxbury Prep's plans to grow from one middle school serving 250 students to a network of three middle schools and one high school serving nearly 1,800 students at scale, the largest allocation by the Commonwealth. Having successfully expanded to three middle schools across Boston, Roxbury Prep's impressive growth will culminate with the opening of its high school in 2015.

With its high school launch, Roxbury Prep will ensure a seamless, high-quality 5th-12th grade public education continuum that prepares its students for success in college and beyond.

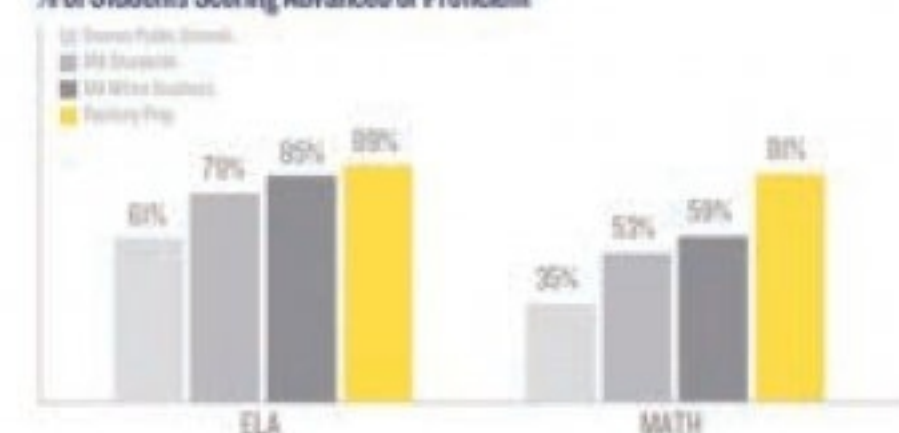
A Track Record of Achievement

Roxbury Prep's growth is fueled by its strong academic results and its position as a national leader in successfully closing the educational achievement gap. Roxbury Prep is part of Uncommon Schools, a non-profit organization that starts and manages outstanding urban public charter schools in the Northeast that close the achievement gap and prepare low-income students to graduate from college. Uncommon Schools was named the winner of the national 2013 Broad Prize for Public Charter Schools for demonstrating outstanding student performance and improvement across its schools and for closing achievement gaps for low-income students and students of color.

Year after year, Roxbury Prep ranks among the most effective schools in the Commonwealth of Massachusetts. By the time Roxbury Prep students reach the 8th grade, the achievement gaps have been reversed in both Math and ELA.

- On the 2014 Math MCAS exam, 68% of Roxbury Prep's 8th grade students scored Advanced or Proficient, outperforming the state's white students.
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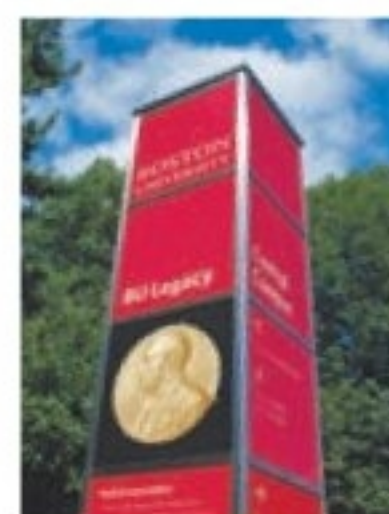
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The Boston Architectural College (BAC) is an independent, professional college in Boston's Back Bay. The College's focus is to provide excellence in design education by combining classroom learning, practice, and accessibility to diverse communities and offering professional and accredited degrees in architecture, interior architecture, landscape architecture, and design studies.

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In both programs, students draw upon their academic studies and their daily workplace or community project learning as they develop their understandings and abilities in the field of Landscape Architecture. Students think critically about sustainable design, social and cultural contexts, and their own developing identity as landscape architects.

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Cambridge College's Mission Supports Working Adults

One of the major challenges in higher education today is reducing the skill gap between degree attainment and employability. The skills gap is widening in today's economy. However, the focus is no longer on a lack of jobs, but instead on the employer's challenge to find qualified, skilled workers to fill available positions. As a result, colleges are finding innovative solutions to prepare a highly-skilled workforce to meet the demands of the marketplace. One proposed solution is forming valuable partnerships with corporations to create a competitive advantage.

Aside from the "disruptive forces" coming out of the innovation space in higher education, the bold and exemplary leadership of corporate America and the federal government, it is incumbent upon colleges and universities to enlist our own amazing and talented professorship to address this great skill divide. How is it possible to develop and operationalize curricula, balancing technical with critical thinking and "deep level" learning in a diverse population? Cambridge College is addressing this issue in two very important ways. First, our *Pathways to Persistence Initiative* is one of the College's major organizational objectives, which strengthens the ties between androgogical teaching and learning model with career exploration and success for adult students. This initiative recognizes the complex needs of a diverse population of adult students for services to ensure their opportunities for successful completion. Secondly, we are partnering with businesses and industry to design courses that are market-driven and meet their employability threshold. Our flexible, focused degree programs are regionally and professionally accredited and equip our students with the knowledge, training and skills that employers' desire.

Open communication between higher education and business and industry is critical to understanding workforce needs. With this understanding, colleges and universities must continue to design programs and create partnerships that will graduate capable new employees and retain current ones. The number of traditional undergraduates (those who attend college full-time immediately after high school) will not be enough to meet the demand for skilled workers. It is imperative to expand higher education opportunities for those already in the workforce, ensuring they have resources to upgrade their skills and acquire necessary credentials. Cambridge College has been educating working adults for more than 40 years, and offering programs designed to leverage students' experiences, talents and skills, developed for their busy lives, and priced to fit their budgets.

Horoscope

Taurus | April 21-May 21
Increased responsibilities will highlight your dependability and knowledge. Your ability to get along with your peers will lead to great success.

Gemini | May 22-June 20
You will experience emotional ups and downs. Forget about dealing with personal issues for now. Working on a hobby or project will be fulfilling and will bring you peace of mind.

Cancer | June 21-July 22
You will feel better once you reorganize and edit your personal papers. Nothing is more frustrating than searching high and low for something you need.

Leo | July 23-Aug. 22
Contribute to a meaningful cause. Being generous with your time as well as your cash will enable you to help those who need it most. A connection will arise due to your efforts.

Virgo | Aug. 23-Sept. 22
If you want to be promoted, you need to keep your personal matters out of the workplace. Your position will be jeopardized if you take time off or fail to be productive.

Libra | Sept. 23-Oct. 22
Social events will be a surprising source of educational information. Listen to others' opinions and suggestions in order to discover useful, applicable information.

Scorpio | Oct. 23-Nov. 21
Improving your financial position takes effort. Keep abreast of information regarding investments, savings plans or high-interest accounts. Act quickly.

Sagittarius | Nov. 22-Dec. 21
Some friendships are not maturing as you'd hoped. If you decide to part ways with someone, be honest regarding your decision. Don't make excuses.

Capricorn | Dec. 22-Jan. 20
Unnecessary worry will affect your sleep. A change in the workplace will cause insecurity and tension. Work diligently and mind your own business.

Aquarius | Jan. 21-Feb. 18
Family and friends will put demands on you. Keep your temper in check to avoid unhappy conflicts. Becoming angry will not help your situation, but patience and workable solutions will.

Pisces | Feb. 19-March 20
An elderly friend will need support. Recognizing his or her frustration will ease everyone's stress. Your compassion and patience will be tested but also appreciated.

Aries | March 21-April 20
Your popularity is soaring. New people you meet through travel or social media will be won over by your charm and sense of humor. It's your day to shine.
EUGENIA LAST

Letters to the editor

Better give in to fast food workers' demands... or else

Whenever a "demand" is made, if the demand is not met, an "or else" is always threatened. For example, a gun-wielding mugger demands you give him your iPhone and wallet "or else" he will shoot you. As for those fast food workers demanding a \$15 minimum wage, what

"or else" do they threaten should they not get their demand? Since they're not union members (yet), they cannot (quasi-) legally threaten to destroy businesses or break heads of replacement workers. But they can threaten, though implicitly, to, among other things: 1) spit on customers' food; 2) "forget" to wash their hands after using restrooms; 3) purposely make customers wait longer for their orders or give them "lip." I think fast food store managers should pay the \$15 minimum wage demanded, since it's a small price to pay for labor peace.

And they better get used to the idea of paying for labor peace once these workers get the "right" to join the unions, whose bosses and officials helpfully organized the protests.

ALTON YEE, VIA EMAIL

Bad audits for animal shelters don't mean bad animals

It should not be forgotten

that the animals in shelters still desperately need homes. I hope that the audit results do not deter people from saving the animals at the shelter. As a volunteer at another animal shelter, I have seen that once an animal finds a loving home, it can blossom, and it does not matter where the animal came from.

STEFANIE DALY, VIA EMAIL

letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

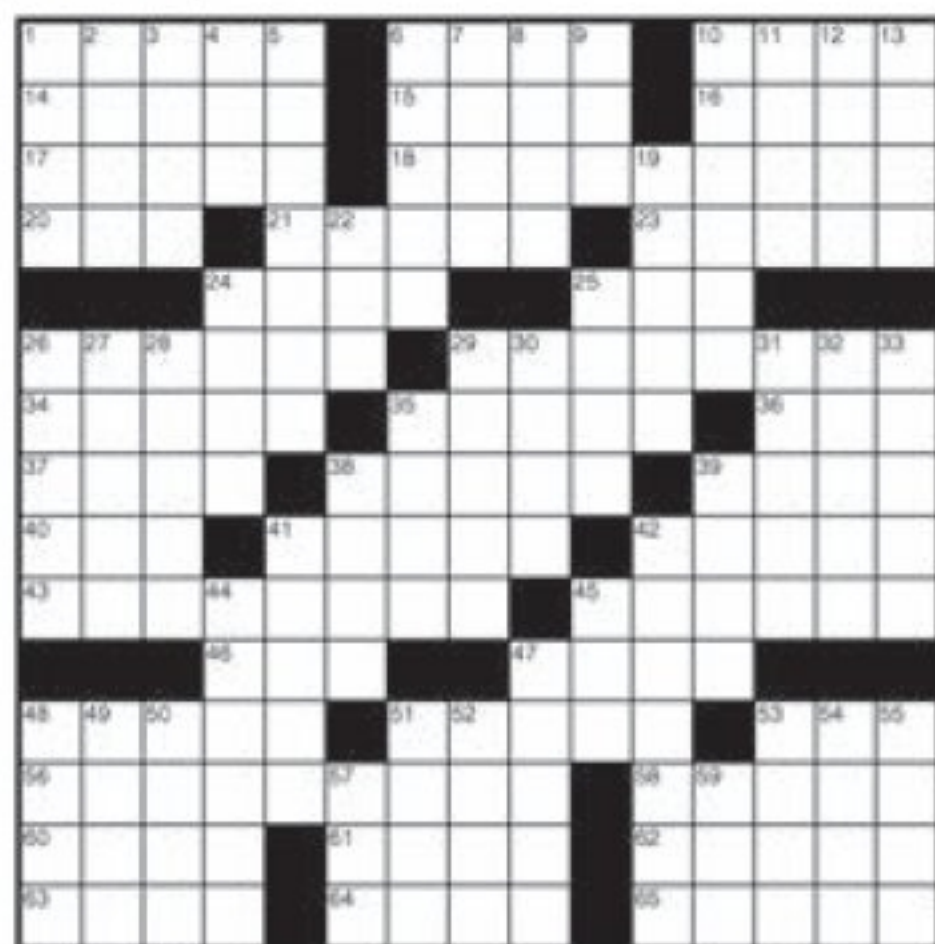
Sudoku: Easy and hard

1					4		8	
2				5			7	1
		5			6	9		
5	9	7						
	8		1		3		5	
						4	2	9
		4	8			1		
7	5			2				4
	1		7					2

	2	5			9	6		
9	4		8		1		3	
6								
		2	1					
1	5		3		6		7	9
					4	5		
								6
	1		5		2		9	3
		9	6			8	2	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across

- 1 Fallback strategy (2 wds.)
- 6 Fruit tree
- 10 Zwieback
- 14 Tybalt's slayer
- 15 Auel heroine
- 16 Offshore
- 17 Mountaineer's tool (2 wds.)
- 18 Beatles' hit
- 20 Word in a recipe
- 21 Tenet
- 23 Blues street in Memphis
- 24 Novelist — Grey
- 25 Pecs' partners
- 26 Fossil resins
- 29 Side by side
- 34 Causes distress
- 35 Yawned
- 36 Vocalist — Sumac
- 37 Essay byline
- 38 Ran easily
- 39 Unhearing
- 40 Ingested
- 41 Dangerous woman
- 42 "Shut up!" (2 wds.)

Down

- 43 Widely scattered
- 45 Reef builders
- 46 Estuary
- 47 Tea clipper
- 48 Seer's deck
- 51 Skyrockets
- 53 Kimono accessory
- 56 Waves
- 58 Gentles
- 60 Pledge
- 61 P&L gurus
- 62 Sports venue
- 63 Lodge
- 64 Cuba, to Castro
- 65 Flax product
- 7 Ogled
- 8 In addition
- 9 Chinese zodiac animal
- 10 Least common
- 11 Meat-grading org.
- 12 Close securely
- 13 Ms. Ballard
- 19 Flowed back
- 22 HMO staffers
- 24 Catherine — Jones
- 25 Grew older
- 26 In the future
- 27 Vitamin lead-in
- 28 To the point
- 29 Not live
- 30 Sign on a door
- 31 Veld scavenger
- 32 PC message
- 33 Rides the rapids
- 35 Bloodshed
- 38 Mona —
- 39 Pub missile
- 41 Hotel offering
- 42 Beachfront
- 44 Bubbling
- 45 Many a URL ender

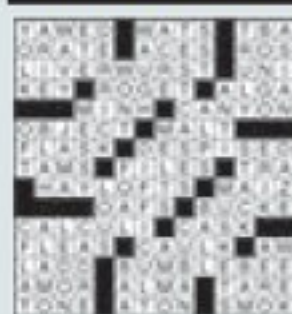


Visit us online at **Metro.us**.

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



Yesterday's answer



- 47 — nova
- 48 Low cards
- 49 At the drop of —
- 50 Gam or Rudner
- 51 Ray gun blasts
- 52 Hyalite, in geology
- 53 Shaman's quest
- 54 Nota —
- 55 This — outrage!
- 57 201, to Cato
- 59 Jackie's tycoon



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3

SPORTS



MLB

Ortiz called out

Orioles TV announcer and Hall of Fame pitcher Jim Palmer shredded Red Sox slugger David Ortiz after Ortiz was ejected from Sunday's game against Baltimore for arguing a checked swing. "FINALLY Ortiz gets tossed #disrespectful #zipitOrtiz," Palmer tweeted. He followed that up with an email Monday that read: "Who needs a home plate umpire when David's at the plate? He's always complaining about close pitches. What I found objectionable was that the Red Sox are playing an important series — a game tied, fifth inning — and his actions get him tossed ... This game is about winning. What did he do [Sunday] to help the Sox win?"



Visit Metro.us to see why Josh and Katie Hamilton may be getting divorced.

The good, bad and the ugly of Ramirez is on full display

MLB. Hanley Ramirez has thrived at the plate so far this season, but left field at Fenway has been a struggle.

If the first two weeks of the season have told us anything about Hanley Ramirez, is it's going to be an entertaining season.

Ramirez has five home runs over the first 12 games of 2015, but he's also played some pretty poor left field at Fenway Park. Playing the position for the first time in his career, in the first homestand of the season, Ramirez saw multiple balls hit off the wall and go over his head, missed what should have been a routine fly ball against the wall, did a backward somersault after falling down after a ball hit off the wall and even once covered his head and ducked for cover after a ball hit off the wall and he didn't know where it was.

"We knew it was going to be a transition for him," manager John Farrell said. "There was going to be work to be done. The wall here is going to be different than what we had the ability to work with in Fort Myers just because of the way it's constructed. To me, there's nothing alarming and the more games played, the more comfortable he's going to get."

As for Ramirez himself,



Hanley Ramirez has struggled in left field at Fenway so far this season. / GETTY IMAGES

Quoted

"We knew [playing left field] was going to be a transition for him. There was going to be work to be done. The wall here is going to be different than what we had the ability to work with in Fort Myers just because of the way it's constructed."

Red Sox manager John Farrell, on Hanley Ramirez

he's not too concerned either.

"You just have to come back tomorrow and win the game," he said. "We're playing pretty good baseball right now. There's nothing we have to be concerned about. We take everything as a positive. Everybody is just happy we're here, we're going to keep working and give 100 percent

every game. There's nothing we have to be concerned about right now."

With as suspect as his defense has been, he's been swinging one of the hottest bats in the lineup. As of Monday, Ramirez was hitting .255, but slugging .574 as he's belted five home runs, the second-most in the American League. It's the fastest he's ever taken to get to five home runs in his career.

In just a week at Fenway Park, Ramirez has showed the damage he can do — figuratively and literally. During batting practice Friday, the 31-year-old hit a ball so hard into the center field wall that it made a dent. Both of his home runs at Fenway have got gotten out of the park in a hurry.

With the Green Monster just 307 feet away down the line, Ramirez could put up scary numbers, providing he stays healthy. His career-high in home runs is 33 back in 2008, and with him already bashing five, 33 is certainly not out of the question.

Even though it's been just two weeks into his second stint with the Red Sox, Ramirez has already drawn comparisons to a former Sox left fielder named Ramirez. So the next time he makes you shake your head in left field, it's just Hanley being Hanley.

RYAN HANNABLE
@RyanHannable
sports@metro.us

MLB. Sox win shortened game on Patriots' Day

The Red Sox' 7-1 win over the Orioles on Marathon Monday was far from a marathon as the early Patriots' Day game was called after just 6 1/2 innings.

Justin Masterson earned the win for Boston, throwing five innings while allowing one earned run on three hits. He struck out six O's batters. In the third inning, the Sox took advantage of Baltimore errors by pitcher Wei-Yin Chen and third baseman Manny Machado, scoring four runs in the frame. **MATT BURKE**



Justin Masterson grabbed the win Monday. / GETTY IMAGES

NFL

NFL schedule to be revealed tonight

In what has become something of a holiday, the NFL's 2015 schedule will be revealed Tuesday at 8 p.m. Teams already know their opponents for the 2015 season but the dates and times have not yet been set.

The main event of the schedule reveal will regard which team will play the defending Super Bowl champion Patriots in the NFL Kickoff game on Thursday, Sept. 10. **MATT BURKE**

NFL. Choir boy Brady reports early to Foxboro

Tom Brady was reportedly the first player to report to Gillette Stadium Monday at 7 a.m. for the beginning of the team's offseason program. Fresh off his fourth Super Bowl win, it appears Brady already has his eyes on No. 5 as he wore a "5" T-shirt last week at Fenway Park when throwing out the ceremonial first pitch. The Pats quarterback has been asked in the past what his favorite ring is and he has always replied, "the next one." **MATT BURKE**



Tom Brady is officially back at work. GETTY IMAGES

NBA. Celtics with great room for improvement

Game 1 between the Celtics and Cavs went just about as expected, according to the masses. But just because Sunday's game went south for Boston, doesn't mean all is lost for a Celtics team that hasn't shown much if any quit this season.

After one game, Celtics fans are either feeling pretty bad about the series, or feeling like stealing Game 2 isn't out of the question. Hey, a win tonight (7 p.m., CSNNE) and the Celtics grab home-court advantage.

Heading into the series, the thought was that even though LeBron James is arguably the best player in the NBA, the lack of playoff experience around him could hurt. Well, one game in and it's safe to say Kyrie Irving and Kevin Love aren't afraid of the big stage.

Irving was the best player on the court in Game 1, hitting contested shot after contested shot on his way to 30 points. Avery Bradley, one of the better on-ball defenders in the NBA, had no answer for him, and neither did any other Celtics guard. Love started off slow but finished



Avery Bradley struggled in Game 1.
GETTY IMAGES

with a double-double.

For the Cavs to win Game 1 the way they did with James pretty much in cruise control, makes it a bit scary to think about what they'll do if James takes it up a notch or two.

At the same time, the Celtics know they can score on the Cavaliers. They shot a better percentage from the field than the Cavs, had a lead after the first quarter, and even went on a 14-0 run in the fourth quarter (after they went down by 20 points). **JAMES TOSCANO**



GETTY IMAGES

Meb with the helping hand

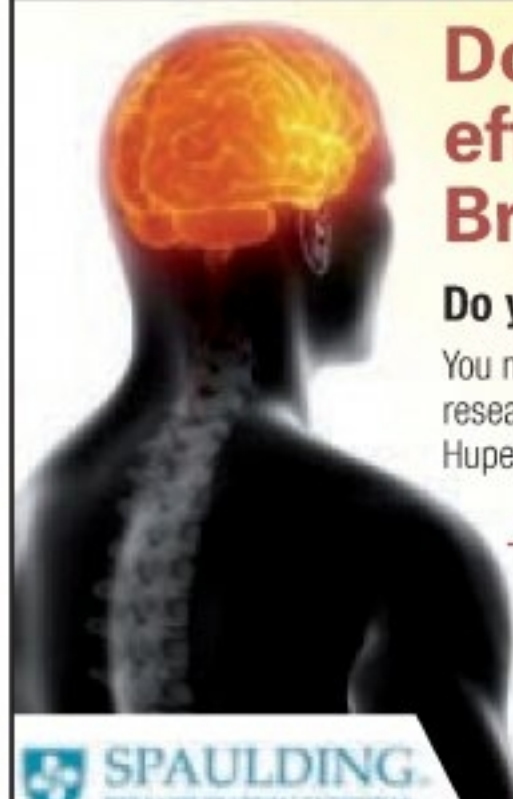
Last year's men's winner, Meb Keflezighi, raises the hand of fellow American runner Hilary Dionne just before both cross the finish line at the 2015 Boston Marathon. Keflezighi placed eighth in the men's division this year. Dathan Ritzenhein, from Michigan, was the first American male to finish. In the women's division, Desiree Linden — also from Michigan — was the first American female to finish, coming in fourth place with a time of 2:25:39. Dionne, who is from Charlestown, placed 15th in the women's division with a time of 2:40:42.

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